

Name:

Step 1: Evaluate yourself. Think about who knows you and can attest to the quality of your work. Teachers are asked to comment on the characteristics listed below.

*Rate yourself on a scale from 1-10 (1 - weakness, 5 - average, 10 - strength)
Leave blank if you have no idea!*

Characteristic	Rate yourself (1-10)
academic achievement	
quality of writing	
creative, original thoughts	
productive class discussion	
disciplined work habits	
maturity	
motivation	
leadership	
integrity	
reaction to setbacks	
concern for others	
self-confidence	
initiative and independence	

Teachers are also asked to compare you to students from the same cohort (class year). They are asked if you're...

- below average
- average
- good (above average)
- very good (well above average)
- excellent (top 10%)
- outstanding (top 5%)
- one of the top few they've encountered (top 1%)

Step 2: Choosing who to ask.

Ideally, you should ask an instructor who has taught you during junior year. It is also ideal to have instructors from different subjects (e.g. one from math/science, one from ELA/social studies/arts/foreign language) – some colleges specifically request it, so research carefully!

Who will be your two recommenders?

Recommender 1:

- a. what subject did they teach you? when?
- b. what are your strengths? check out your highly rated areas above...
- c. how did you demonstrate these strengths in class? Can you think of examples?

Recommender 2:

- a. what subject did they teach you? when?
- b. what are your strengths? check out your highly rated areas above...
- c. how did you demonstrate these strengths in class? Can you think of examples?

Note – you will need two ACADEMIC recommendations for the vast majority of colleges. It's great to have **supplemental** letters of recommendation (e.g. a coach, band director, internship/work supervisor, etc.) but only some colleges will look at them.
You can request these people directly on Common App if the college allows it.